

# BEGINNER AT HOME

## HANDLES

### 1. POWER CROSSOVERS

**Reps:** 50 of each variation

**Variations:** Crossovers, Through the legs, Behind the back, V dribble, Forward V dribble

### 2. CONE DRIBBLING

**Reps:** 50 dribbles of each variation both hands

**Variations:** Right to left, Forward to back, Plus sign

### 3. V DRIBBLE CROSSOVERS

**Reps:** 20 crossovers of each variation

**Variations:** V dribble crossover, V dribble through the legs, V dribble behind the back

### 4. COUNTDOWN BALL HANDLING

**Reps:** 3 Sets of each variation

**Variations:** Crossover, Through the legs, Behind the back

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